

# Weekly Diabetes Update

**March 28, 2008**



**It would be foolish to ignore the signs  
and symptoms of diabetes!**



*April 1 is April Fool's Day.*

## **1. Learning About Diabetes**

LearningAboutDiabetes.org provides handouts formatted with many pictures and little text—in English and Spanish—to teach people about the **signs and symptoms** of diabetes, the risks, and measures to control the disease. Check them out at <http://www.learningaboutdiabetes.org/lowLitHandouts.html>.

## **2. Effects of Diabetes**

Meet Frank and learn how diabetes can affect the organs of your body. Frank reminds you that you can prevent complications of diabetes, and he can be found at [http://www.cdc.gov/diabetes/human\\_body.htm](http://www.cdc.gov/diabetes/human_body.htm).

## **3. April is National Minority Health Month**

### **➤ Diabetes-related Amputations Rise For Hispanics, USA**

Hospitalizations of adult Hispanics for diabetes-related foot or leg amputations rose sharply between 2001 and 2004, according to the latest News and Numbers from the Agency for Healthcare Research and Quality. Read more in the article from Medical News Today at <http://www.medicalnewstoday.com/articles/101345.php>.

### **➤ African-Americans Account for Nearly One-Fifth of U.S. Diabetes Population with Notable Differences in the Group's Profile**

Nearly 3 million African-Americans are estimated to be diabetic, representing 17 percent of all diabetes patients in the United States; and this figure is growing as the proportion of African-American patients diagnosed with diabetes consistently increases year to year, according to new research from GfK Market Measures' Roper Global Diabetes Group. Read more in the press release posted on BusinessWire at [http://www.businesswire.com/portal/site/google/?ndmViewId=news\\_view&newsId=20080326005176&newsLang=en](http://www.businesswire.com/portal/site/google/?ndmViewId=news_view&newsId=20080326005176&newsLang=en).

**4. Sun Pharma US arm told to recall diabetes drug**

The US Food and Drug Administration (USFDA) has asked Caraco Pharmaceutical Laboratories, the US subsidiary of Mumbai-based Sun Pharmaceuticals Industries, to withdraw many batches of its generic Metformin Hydrochloride tablets used for treating diabetes, citing efficacy and quality issues. Read more from India's Business Standard at [http://www.business-standard.com/common/news\\_article.php?leftnm=lmnu1&subLeft=1&autono=317897&tab=r](http://www.business-standard.com/common/news_article.php?leftnm=lmnu1&subLeft=1&autono=317897&tab=r).

**5. Diabetes Research News**

- Cedars-Sinai Medical Center is seeking participants with type 2 diabetes for a randomized, controlled clinical study evaluating an implantable device that delivers electrical impulses to the stomach. The primary objective of the study is to evaluate the safety and efficacy of the device based on improvement in blood sugar levels (HbA1c), but impact on weight loss, blood pressure and other clinical and metabolic benchmarks will also be studied. The study is sponsored by MetaCure (USA), Inc., the company that developed the device. Read more in the Medical News Today article at <http://www.medicalnewstoday.com/articles/101381.php>.
- In people who are at risk of developing diabetes, treatment with metformin leads to modest improvements in weight, lipid (fat) profiles and fasting blood sugar. In addition, substantial reductions in insulin resistance, a condition that usually precedes diabetes, are seen, as well as the actual development of diabetes, according to a large review of published studies on this topic. Dr. Shelley R. Salpeter from Stanford University School of Medicine, California and colleagues combined data from 31 trials that compared metformin with placebo or no treatment in a total of 4570 adults at risk for diabetes. Read more in the article posted on Reuters.com at <http://www.reuters.com/article/healthNews/idUSCOL46253020080324>.
- Bitter melon, an ancient Chinese remedy, contains a powerful treatment for Type 2 diabetes, Sydney-based researchers have found. A team from the Garvan Institute of Medical Research, along with the Shanghai Institute of Materia Medica, found that fruit known in South-East Asia as pare contains four bioactive compounds. They all appear to activate the enzyme AMPK, a protein that regulates the body's metabolism and affects glucose uptake, according to research published yesterday in Chemistry and Biology. Read more in the article from Australia's TheAge.com at <http://www.theage.com.au/news/national/ancient-remedy-fights-diabetes/2008/03/25/1206207106156.html>.
- A study by a New York University dental research team has discovered evidence that pregnant women with periodontal (gum) disease are more likely to develop gestational diabetes mellitus than pregnant women with healthy gums. The findings, published in the April 2008 issue of the Journal of Dental Research, underscore how important it is for expectant mothers to maintain good oral health. Read more in the news release posted on EurekAlert at [http://www.eurekalert.org/pub\\_releases/2008-03/nyu-ndr032108.php](http://www.eurekalert.org/pub_releases/2008-03/nyu-ndr032108.php).

- It has long been known that psoriasis, a chronic skin condition characterized by thick, red, scaly plaques that itch and bleed, can have a significant negative impact on a patient's overall quality of life. "Our review found that people with more severe cases of psoriasis appear to have an increased incidence of psoriatic arthritis, cardiovascular disease, hypertension, diabetes, cancer, depression, obesity and even other immune-related conditions such as Crohn's disease," said Dr. Kimball. Read more in the Science Daily article at <http://www.sciencedaily.com/releases/2008/03/080324124350.htm>.
- U.S. researchers have identified all 1,116 unique proteins found in human saliva glands, a discovery they said on Tuesday could usher in a wave of convenient, spit-based diagnostic tests that could be done without the need for a single drop of blood. The researchers hope saliva-based tests could be used to diagnose cancer, heart disease, diabetes and a number of other conditions. Read more in the article posted on Reuters.com at <http://www.reuters.com/article/latestCrisis/idUSN20425656>.

## **6. Statement by the Director for National Kidney Month**

Kidney disease is common, serious and treatable. Yet, most of the 26 million Americans who have kidney problems still don't know it because they don't have symptoms, hampering efforts to prevent kidney failure. While World Kidney Day 2008 has passed and National Kidney Month is well under way, here at the National Institute of Diabetes and Digestive and Kidney Diseases, part of the National Institutes of Health, we continue to hear from people about kidney health. We remain strong in our commitment to support research and to raise awareness about important steps people can take to protect their kidneys.

This NIH News Release is available online at: <http://www.nih.gov/news/health/mar2008/niddk-21.htm>.

## **7. Low Birth Weight Linked To Kidney Disease In Men**

There appears to be an association between low birth weight and chronic kidney disease in adulthood in men, but this relationship was not seen in women, a new study has found. It has been hypothesized that low birth weight leads to increased blood pressure, or "hypertension," and chronic kidney disease in adult life, Dr. A. J. Collins, of the Chronic Disease Research Foundation, Minneapolis, Minnesota, and colleagues, point out in their study, published in the journal *Kidney International*. Read more in the article posted on Reuters at <http://www.reuters.com/article/healthNews/idUSCOL66266920080326>.

## **8. Guidelines for Treatment of Pregnant Women with Diabetes**

The United Kingdom's National Institute for Health and Clinical Excellence (NICE) has issued guidance providing advice to doctors and midwives on how to help women with diabetes manage their condition before, during, and after their pregnancy. It also covers the care of their newborn babies. It is written for women who have diabetes or develop it in pregnancy, but it may also be useful for their families or for anyone with an interest in the condition. To access the summary and documents from the guidelines, visit NICE's website at <http://www.nice.org.uk/guidance/index.jsp?action=byID&o=11946>.

## 9. "Supergrains"

- **Chia** seeds are best known for providing the fast-growing greenery on little clay "pets," but it's time to start thinking of them as a supergrain. One 3.5-ounce serving (about one-fourth of a cup) of *Salba* -- the variety of chia used in a new study published in the November issue of *Diabetes Care* -- gives you as much calcium as three cups of milk, has as much omega-3 fatty acids as 28 ounces of salmon and is higher in antioxidants than blueberries, says Dr. Vladimir Vuksan, the University of Toronto researcher who led the study. Read more from the Star-Telegram at <http://www.star-telegram.com/living/story/543916.html>
- The ancient Incans revered **quinoa** as "the mother grain." Modern-day nutritionists often refer to it as "the supergrain of the future." Pronounced "KEEN-wah," quinoa contains nine essential amino acids that make up a complete protein. It has more calcium than milk. It's also a very good source of manganese and a good source of vitamin E, magnesium, phosphorous, iron and copper. A ¼ -cup serving packs 6.5 grams of dietary fiber. Read more in the Dallas News article posted at [http://www.dallasnews.com/sharedcontent/dws/fea/lifetravel/stories/DN-nh\\_eatforlife\\_0325liv.ART.State.Edition1.464362a.html](http://www.dallasnews.com/sharedcontent/dws/fea/lifetravel/stories/DN-nh_eatforlife_0325liv.ART.State.Edition1.464362a.html).

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## 10. Take Me Out to the Ballpark . . . to Eat?

- A growing trend in all-you-can-eat seating at sports venues is making baseball's summer chorus sound more like "Take Me Out to the Buffet." Dozens of arenas, stadiums and tracks have offered tickets that come with unlimited snacks. The seats have been a hit with fans, a moneymaker for the venues and a worry for obesity-conscious health officials. Read more from the Associated Press online at <http://ap.google.com/article/ALeqM5huwmc6QvS27hT75r2s4rqJijnIUwD8VI37CO1>.
- Animal rights activists on Tuesday urged Japanese baseball stadiums to give up their usual fare of hot dogs and fried octopus balls and go vegetarian to fight global warming. A letter from People for the Ethical Treatment of Animals also noted "Because vegetarians are less prone to serious illnesses like heart disease, diabetes and obesity than meat-eaters, fans will be happier and healthier while cheering on their favourite team." Read more in the AFP article at [http://afp.google.com/article/ALeqM5hWA5rYKAW\\_UbmHIDGAQE4E0o9meA](http://afp.google.com/article/ALeqM5hWA5rYKAW_UbmHIDGAQE4E0o9meA).

## 11. Mexico Becomes Second Fattest Nation in the World

With more than 71 percent of women and 66 percent of men considered overweight, Mexico has become the second fattest nation in the world, according to a McClatchy Newspapers report. If the trend continues, Mexico could surpass the U.S. as the most obese country within 10 years, according to the report. Read more in the FoxNews.com article at <http://www.foxnews.com/story/0,2933,341250,00.html>.

**12. FDA Warns of Salmonella Risk with Cantaloupes from  
Agropecuaria Montelibano**

The U.S. Food and Drug Administration (FDA) has issued an import alert regarding entry of cantaloupe from a Honduran grower and packer, because, based on current information, fruit from this company appears to be associated with a Salmonella Litchfield outbreak in the United States and Canada. Missouri is one of the states included in the warning. Read more from the FDA at <http://www.fda.gov/bbs/topics/NEWS/2008/NEW01808.html>.

**13. Weekly Diabetic Recipe**

**Kansas City Steak Soup**

Please go to the following website to enjoy this week's recipe:  
[www.diabeticcooking.com/DCRecipes/085/1820001085.htm](http://www.diabeticcooking.com/DCRecipes/085/1820001085.htm).